

# September | 2019



Kids who eat well,  
learn better!

Students can choose  
from hot & cold entrees,  
fresh fruit, 100% juice,  
and skim or low-fat milk  
to start the day right!



NOW HIRING CAFÉ WORKERS  
770-497-8337 ext. 215  
217N@Kellyservices.com



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FCS Mobile App: view school menus, nutrient  
info, and make meal payments.

Visit [fcsnutrition.com](http://fcsnutrition.com) for more info!

This institution is an equal opportunity provider.

# Elementary School

## BREAKFAST MENU

FULTON COUNTY SCHOOLS  
**SCHOOL NUTRITION**  
*Tasty Ents*  
WHERE STUDENTS COME FIRST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Labor Day</p> <p>Schools Closed</p>	<p>3</p> <p>Pancake &amp; Sausage on a Stick Banana Muffin &amp; Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>4</p> <p>Pancakes &amp; Sausage Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>5</p> <p>French Toast Sticks Smoothie &amp; Cinnamon Toast Crunch Cereal Bar 100% Fruit Juice Assorted Fresh Fruit</p>	<p>6</p> <p>Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>
<p>9</p> <p>Sausage Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>10</p> <p>Mini Pancakes Blueberry Muffin &amp; Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>11</p> <p>Waffles &amp; Sausage Links Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>12</p> <p>French Toast Sticks Yogurt Parfait &amp; Golden Graham Cereal Bar 100% Fruit Juice Assorted Fresh Fruit</p>	<p>13</p> <p>Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>
<p>16</p> <p>Breakfast Taquito Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>17</p> <p>Pancake &amp; Sausage on a Stick Banana Muffin &amp; Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>18</p> <p>Pancakes &amp; Sausage Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>19</p> <p>French Toast Sticks Smoothie &amp; Cinnamon Toast Crunch Cereal Bar 100% Fruit Juice Assorted Fresh Fruit</p>	<p>20</p> <p>Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>
<p>23</p> <p>Sausage Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>24</p> <p>Mini Pancakes Blueberry Muffin &amp; Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>25</p> <p>Waffles &amp; Sausage Links Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>26</p> <p>French Toast Sticks Yogurt Parfait &amp; Golden Graham Cereal Bar 100% Fruit Juice Assorted Fresh Fruit</p>	<p>27</p> <p>Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>
<p>30</p> <p>Breakfast Taquito Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>				

Daily Assorted Milk • Daily Fresh Fruits  
Locally Sourced Ingredients Offered Regularly  
**Daily Vegetarian Option**

Menu Subject to Change Based on Product Availability.

**Breakfast Price**  
Student \$1.10  
Reduced: \$0.30  
Adult: \$1.60

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# Elementary School

FULTON COUNTY SCHOOLS  
**SCHOOL NUTRITION**  
*Tasty Ents*  
WHERE STUDENTS COME FIRST

# LUNCH MENU

*Celebrate with  
the Café*

Hard Core Apple Day 9/13  
Breakfast for Lunch 9/19  
World School Milk Day 9/25  
Hispanic Heritage Month

This month, crunch into  
locally grown apples!



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 <b>Labor Day</b>  Schools Closed</p> <p>9 Veggie Lasagna with Garlic Breadstick Chicken Nuggets with Garlic Breadstick Turkey &amp; Cheese Wrap Baby Carrots Tater Tots</p> <p>16 Italian Pasta Bake Chicken Taquito Cheese Pizza Pack Baby Carrots Green Peas</p> <p>23 Chicken Alfredo with Garlic Breadstick MorningStar Chik'n Nuggets with Garlic Breadstick Cheese Pizza Pack Baby Carrots Sweet Potato Waffle Fries</p> <p>30 Meatloaf with Roll Popcorn Chicken with Roll Cheese Pizza Pack Baby Carrots Mashed Potatoes</p>	<p>3 General Tso's Chicken with Brown Rice Turkey &amp; Cheese Croissant Yogurt &amp; Cheese Pack Signature Side Salad Steamed Broccoli</p> <p>10 Teriyaki Chicken with Brown Rice Burger Cheese Pizza Pack Signature Side Salad Peas &amp; Carrots</p> <p>17 Tangerine Chicken with Brown Rice Mini Burgers Jamwich Pack Signature Side Salad Steamed Broccoli</p> <p>24 Spicy Sichuan Chicken with Veggie Fried Rice Chicken Soft Tacos Hummus Bento Box Signature Side Salad Edamame Succotash</p>	<p>4 Tomato Basil Soup with Grilled Cheese Mini Burgers Grilled Chicken Chef Salad Baby Carrots French Fries</p> <p>11 Tex Mex Nachos Cheese Nachos Mini Hotdogs Black Bean Taco Salad Baby Carrots Black Beans</p> <p>18 Salisbury Steak with Roll Chicken Filet Sandwich Hummus Bento Box Baby Carrots Mashed Potatoes</p> <p>25 Grande Nachos Cheese Nachos Mini Corndogs Turkey &amp; Cheese Wrap Baby Carrots Black Beans</p>	<p>5 Chicken of the Day with Roll Mozzarella Cheese Sticks Turkey &amp; Cheese Lunch Box Buddy Signature Side Salad Baked Beans</p> <p>12 Southern Breaded Chicken with Roll Mini Cheese Calzone Yogurt &amp; Cheese Pack Signature Side Salad Steamed Corn</p> <p>19 Breakfast for Lunch: Waffles &amp; Sausage Links Cheese Stuffed Breadstick Turkey Chef Salad Signature Side Salad Tater Tots Chocolate Chip Cookie</p> <p>26 Pancake &amp; Sausage Griddle Pretzel Bites with Cheese Dip Yogurt &amp; Cheese Pack Signature Side Salad Tater Tots</p>	<p>6 Filet of Fish Sandwich Meat Lover's Pizza Cheese Pizza Carrot, Cucumber &amp; Cherry Tomato <b>NEW</b> Buffalo Cauliflower</p> <p>13 Cheese Pizza Popcorn Shrimp with Mac &amp; Cheese Mac &amp; Cheese Jamwich Pack Carrot, Cucumber &amp; Cherry Tomato Steamed Broccoli</p> <p>20 Cheese Pizza Meat Lover's Pizza Seafood Basket Turkey &amp; Cheese Lunchbox Buddy Carrot, Cucumber &amp; Cherry Tomato Baked Beans</p> <p>27 Cheese Pizza Popcorn Shrimp with Mac &amp; Cheese Mac &amp; Cheese Jamwich Pack Carrot, Cucumber &amp; Cherry Tomato Steamed Broccoli</p>

Daily assorted milk • Daily fresh fruits & veggies

All grains offered are whole grain-rich

Locally Sourced Ingredients Offered Regularly

**Daily Vegetarian Option**

Menu Subject to Change Based on Product Availability.

**Lunch Price**

Student \$2.45

Reduced: \$0.40

Adult: \$3.45